

# Sweet Potato and Apple Bake

**Makes:** 6 Servings

## Ingredients

**3 1/2 cups** sweet potatoes, drained (2 - 15 ounce cans; save 2 Tablespoons of the liquid)

**2 cups** apples (peeled, cored and cut into bite-sized pieces )

**6 teaspoons** brown sugar (2 Tablespoons)

**1/3 cup** chopped pecans

**2 tablespoons** flour

**2 tablespoons** butter, melted

## Directions

1. Preheat oven to 350°F.
2. Put sweet potatoes in baking dish.
3. Add apples.
4. Pour 2 Tablespoons of the sweet potato liquid over the mixture.
5. Mix brown sugar, pecans, flour, and melted butter together in a small bowl.
6. Sprinkle over the top of the sweet potato/apple mix.
7. Bake for 20-30 minutes, until the top is golden brown and bubbly.

## Notes

### Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	240	
Total Fat	9 g	14%
Protein	8 g	
Carbohydrates	40 g	13%
Dietary Fiber	4 g	16%
Saturated Fat	3 g	15%
Sodium	99 mg	4%

### MyPlate Food Groups

Fruits	1/2 cup
Vegetables	3/4 cup
Protein Foods	1 1/2 ounces

Granny Smith apples tend to work best in this recipe.

Colorado State University and University of California at Davis. Eating Smart Being Active Recipes.